

## Diabetes Prevention Program

If you're at risk for diabetes,  
**you're not  
alone**



## Are you at risk?

Take the Centers for Disease Control and Prevention's diabetes [risk test](#). Only seven questions, and no name or identifiable health plan information required. Results are anonymous and confidential.

## If so, it's time to take action!

Beat prediabetes and earn up to 350 Vitality Points when you complete the **FREE** national Diabetes Prevention Program (DPP). The program helps participants make real lifestyle changes to prevent diabetes, and is proven to reduce the risk of developing diabetes by 58 percent.

Your Kentucky Employees' Health Plan (KEHP) offers at-risk members FREE enrollment in a DPP course. Visit [LivingWell.ky.gov](http://LivingWell.ky.gov) or call Anthem's personal health consultants at **1.844.402.KEHP (5347)** to learn more about how to enroll in a course.

### Starting in September

#### **Ft. Thomas**

YMCA Campbell County Branch  
Days/times TBD

#### **Brooksville**

Taylor Elementary School  
Wednesdays beginning Sept. 16  
from 3:30-4:30 pm

#### **Cincinnati**

YMCA 8920 Cheviot Road  
Thursdays beginning Sept. 17  
from 6-7 pm

YMCA 2075 James E.  
Sauls Drive

Mondays beginning Sept. 28 from  
6-7 p.m.

YMCA 9601 Winton Road  
Wednesdays beginning Sept. 30  
from 6:30 p.m. - 7:30 p.m.

**Sign up today! Call  
1.844.402.KEHP (5347)**

For all your wellness benefits, visit [LivingWell.ky.gov](http://LivingWell.ky.gov)



Questions?  
[Contact Us](#)



STAY CONNECTED:



You may not unsubscribe from receiving electronic communications about an ongoing transaction or relationship, including communications related to employee benefits such as Kentucky Employees' Health Plan bulletins or other notifications.

